

BABY TIME FOR BLAKE LIVELY

RYAN REYNOLDS' WIFE WELCOMES A GIRL. PAGE 08

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MLB. Beloved former Red Sox pitcher Pedro Martinez was voted into the Baseball Hall of Fame Tuesday and will be inducted this summer. PAGE 17

VOTES FOR PEDRO



Pedro Martinez spent seven of his 18 MLB seasons in Boston. / GETTY IMAGES

**Boston's
first flu
death of the
season**

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**How to
live like a
'Top Chef'
contestant**

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**Make better
resolutions
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NEWS

Top 3

The best of Metro.us

1 Recipe: This salad will get you out of your holiday food funk'

2 Wondering who's presenting at the Golden Globes? Expect Ricky Gervais, and more'

3 Video: You need to watch Bradley Cooper play air guitar on the "Tonight Show"



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Aaron Hernandez murder trial just around the corner

Fall River. Jury selection begins Friday in the ex-NFL star's high-profile trial.

A Fall River judge ruled Tuesday that the mother and fiancée of former New England Patriots player Aaron Hernandez can attend his upcoming murder trial despite the possibility that they may be called to testify. The trial is slated to begin Friday in a Fall River court.

Hernandez, 25, is charged with first-degree murder in the shooting of 27-year-old Dorchester resident Odin Lloyd, who was shot execution-style on June 17, 2013 in an industrial park near Hernandez's affluent North Attleboro neighborhood.

The former NFL tight end has pleaded not guilty to the charges. He has also pleaded not guilty to a separate murder case in which he allegedly shot dead two men outside a Boston

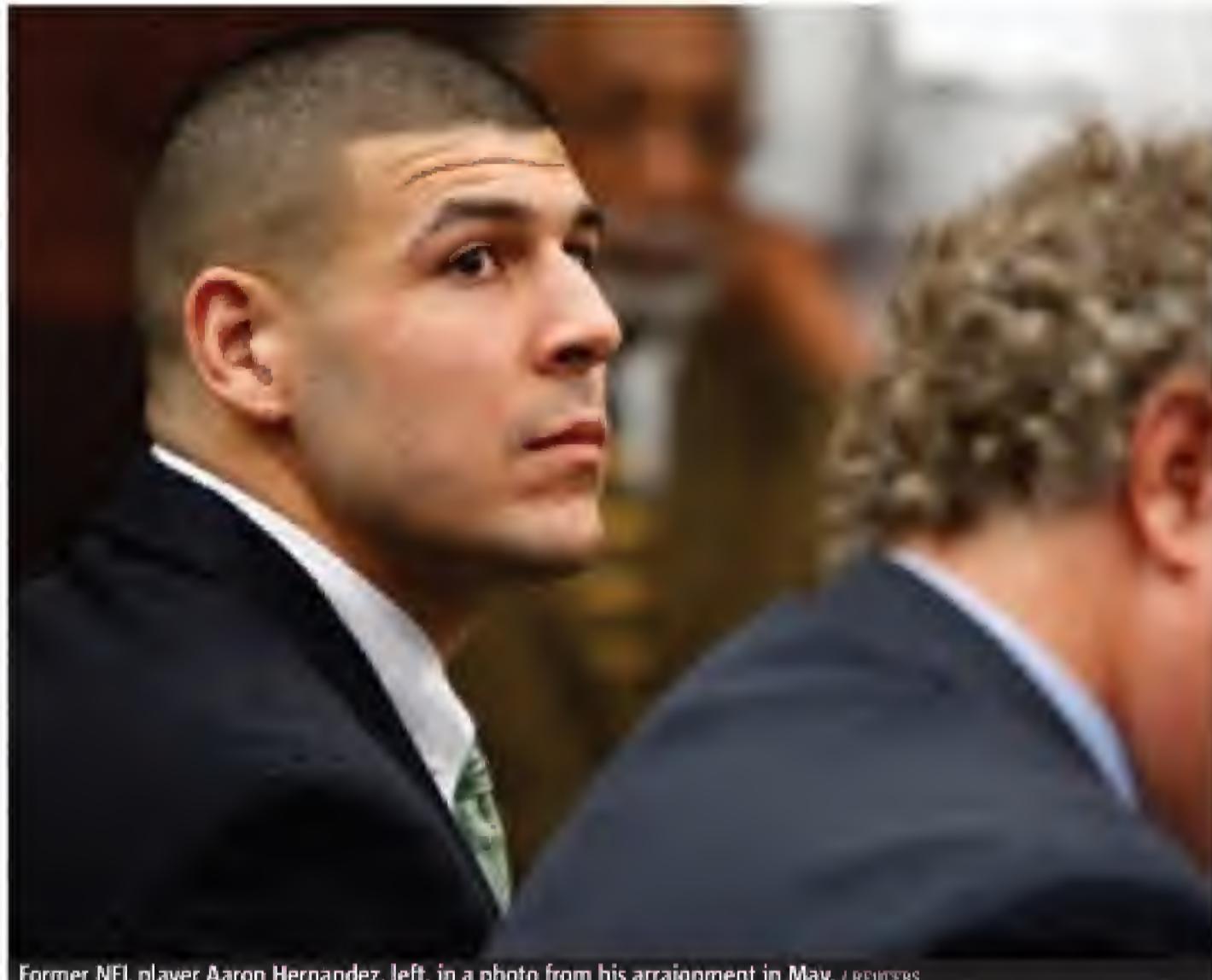
nightclub in 2012 after a fight about a mixed drink. He will face a separate trial on those charges in Boston later this year.

Hernandez was in court Tuesday for a final pretrial hearing before jury selection begins Friday in the Lloyd case. It is expected to last roughly two weeks. The jury will be selected from a pool of over 1,000 potential jurors. Hernandez's fiancée, Shayanna Jenkins, has pleaded not guilty to perjury.

Superior Court Judge Susan Garsh on Tuesday also approved a request by prosecutors to bring jurors to several cell phone towers. Prosecutors had argued that it is customary to show jurors locations from which calls were placed.

Gov. Deval Patrick on Friday named a new district attorney to the Bristol County office that will prosecute Hernandez.

 MORGAN ROUSSEAU
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Former NFL player Aaron Hernandez, left, in a photo from his arraignment in May. / REUTERS

Flu season sees its first Boston fatality



Natalia Mira of Chelsea gets her flu shot administered by Nurse Practitioner Richard Brandolini at Massachusetts General Hospital. / NICOLAUS CZARNICKI, METRO

The Boston Public Health Commission announced the first flu-related death of the season Tuesday.

An influenza epidemic is sweeping the nation, with more cases and hospitalizations this year, and a less effective vaccine for the strain.

The commission said there has been 122 reported cases of influenza in Boston since October with 32 people hospitalized. The first fatality was described as a Boston

man in his 20s who had underlying health conditions.

The Centers for Disease Control and Prevention say 43 states, including Massachusetts, have high or widespread outbreaks. Flu-like symptoms accounted for nearly 6 percent of all doctor visits nationally in the last week of 2014, and higher hospitalization rates than this time last year, with 12.6 people per 100,000 being treated for the flu.

Dr. Anita Barry, director of infectious disease for the Boston Public Health Commission, said the city has seen an upward surge in both the number of influenza reports.

"The last few weeks in the city we've seen it trending on an upward path. We expect to be seeing a lot more of the flu in coming weeks," said Barry.

WENDY JOAN BIDDLECOMBE
AND MORGAN ROUSSEAU

Transportation

T warns of cold weather delays

As temperatures plummet across the Bay State, public transportation officials are warning riders to expect transit delays brought on by looming cold weather.

The MBTA advised commuters to allow extra

travel time this week, as it anticipates the "arctic-like conditions" will affect its equipment. With wind chill, temperatures may dip as low as 25 below zero starting Wednesday.

Commuters can check www.mtba.com/winter for information on delays.

METRO

History

State House time capsule unveiled at MFA

The more than 150-year-old time capsule removed from a cornerstone of the Massachusetts State House last month was opened Tuesday night at the Museum

of Fine Arts, Boston.

The small box, believed to have been placed in the State House by American Revolution patriot Paul Revere and then-Gov. Samuel Adams in 1795, contained silver and copper coins, a silver plate and newspapers.

On Dec. 11, the capsule was pulled from a corner-

stone that had been removed by work crews investigating the source of water leakage into the State House.

Only a select few were allowed to attend the unveiling Tuesday night due to "extremely limited space and object sensitivity," the museum said in a statement.

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A message from the Health Connector and the Commonwealth of Massachusetts.



Casino. Is Walsh trying to get a sweeter deal from Wynn through litigation?

Casino experts say Boston Mayor Martin Walsh's lawsuit against the Massachusetts Gaming Commission may be an attempt to get a better mitigation package from Wynn Resorts, which wants to put a resort casino in nearby Everett.

"I would say that Mayor Walsh is trying to get a sweeter deal from Wynn, who doesn't appear to be interested," said Rev. Richard McGowan, a Boston College professor who has written extensively about casino gaming.

The mayor's office confirmed that as the host community, Boston would be entitled to additional mitigation planning and funding from Wynn, but said it could not provide any monetary estimates.

On Monday, Walsh announced the city was suing the Massachusetts Gaming Commission, saying it should

Quoted

"The lawsuit is a great idea. I thought we should have had a vote before this. We're the gateway into it. We're going to be closer to the front of that casino than any other community – including Everett."

Thomas Cunha
chairman of Charlestown Neighborhood Council

be considered a host community for Wynn Resorts planned resort casino in Everett since the only access point to the resort is through Charlestown. Host communities, under state law, are able to approve or reject a casino in their district. Walsh wants Charlestown voters to be given that option.

DANNY MCDONALD



Freezing temperatures on tap for Boston

It's unseasonably cold and about to get colder for Bostonians, predicts the National Weather Service. Temperatures are usually in the low- to mid-30s this time of year but starting Wednesday, temperatures will be in the low- to mid-20s. With the windchill, temperatures could dip to 20-to-25 below zero. On Thursday, temperatures will struggle to reach 20, according to the service. | NICOLAS CZARNECKI/NESTO

Throwing Your Money Out the Window?



PROBLEM

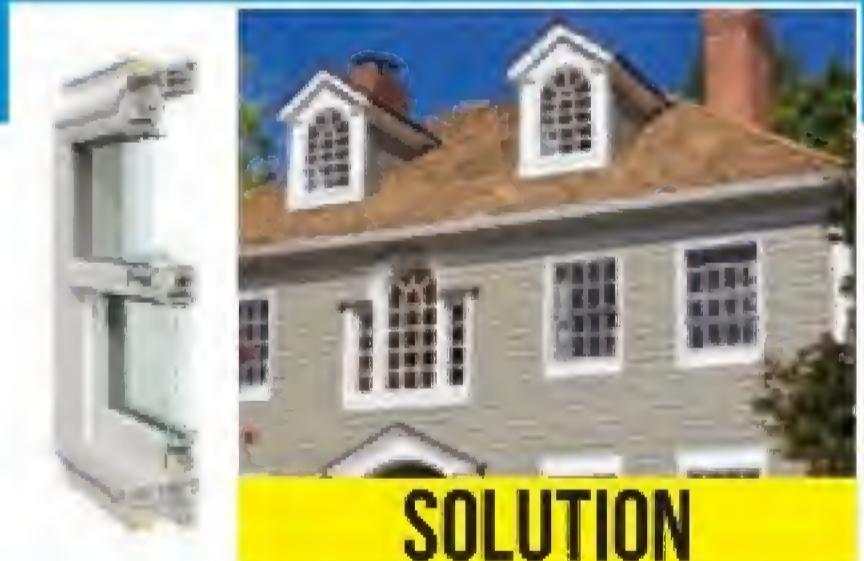
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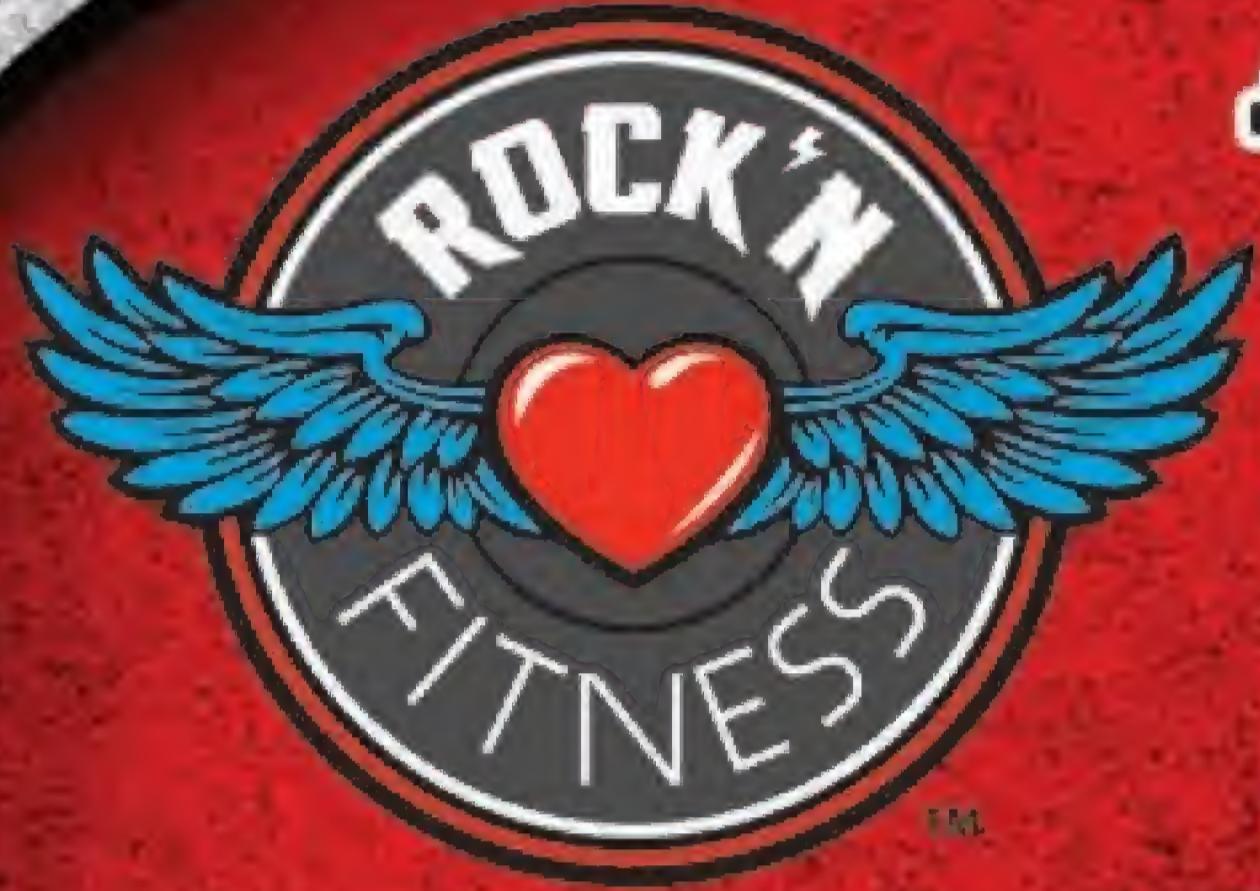


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Photographer captures changing

Q&A. A new photo exhibition captures the evolving West End.

Over the past 16 years, Boston's West End has gone through a myriad of changes.

from the dismantling of the iconic elevated MBTA tracks, to the completion of the Central Artery. Perched in the shadows with a camera, 58-year-old Lolita Parker, Jr. captured its evolution.

An exhibition of Parker's work, "The New West Enders & Other Green Monsters,"

opened Tuesday at the West End Museum.

Parker, a Californian-turned-West Ender and life-long photographer, began the project in 1998. Set against a backdrop of TD Garden events, sports bars and endless construction, Parker's lens goes from the personal to the political, capturing the projects, events and people that have reshaped and reenergized the neighborhood.

When did you move to the West End?

I moved to Boston in 1993 and the West End in 1998. I'm so fortunate I had a chance to live there while the tracks were still up.

Why did you focus on the Boston El's demolition in your exhibition?

The tracks came down in literally one weekend. And it was a shock. It was disorienting. Pigeons were walking around in circles. Generations of pigeons had grown up un-



Lolita Parker Jr. hangs her work at the West End Museum. At top right, Lolita Parker Jr.'s daughter N'Dia Parker is featured in one of her photos posing at North Station. At bottom right, the dismantling of the Lechmere El at Causeway and Staniford Streets is a key subject in Parker's exhibition. / NICOLAS CZARNECKI, METRO; RIGHT TWO: LOLITA PARKER JR.

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The deadline for applications is March 10, 2015. DCACS is located at 131 Hancock Street, Dorchester, MA 02125.

face of neighborhood



derneath those tracks. As an artist, especially an artist who grew up in Hollywood watching old movies, you have all that play of the light and shadow. It really looks like Film Noir. Now, Causeway Street looks like anywhere USA, and that's kind of sad.

When you took these pictures over the course of 16 years, did you anticipate they'd end up in a photography exhibit?

I very consciously started in 1994 taking pictures in neighborhoods. I didn't know they'd be in an exhibit, but I took them with an eye for archival use, because I'm also a documentary film researcher and I was always looking for everyday things that were happening in the neighborhood. Another intention was to leave my kids a legacy of work that would be important in history.

In your opinion, has the neighborhood changed for

If you go

'The New West Enders & Other Green Monsters'

Through Feb. 28
West End Museum's main hall, 150 Staniford St.
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better or worse?

There is a horrific legacy of a neighborhood being destroyed without any regard for the families and communities that were there. I don't know if the neighborhood is better or worse, it's just different. Although I think what is happening now is a growing group of grandparents are becoming primary caretakers in the neighborhood.

The Democratic National Convention is also featured in your exhibition. What was

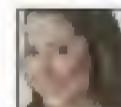
it's significance to you?

That was a good time and a bad time. It was a good time because I was in fleet center when Obama gave his famous 'red state, blue state' speech, but it was bad to have police walking around in riot gear. It felt so oppressive. But that's counterbalanced by the excitement of having a national event in your backyard.

What do you hope Bostonians will take away from your show?

I love Boston. I've always felt at home here somehow, and it's a good opportunity for me to show what's going on in the West End, so that when people walk by they realize all that has happened here.

The free exhibition's reception is on Jan. 15. It runs through Feb. 18.



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Blake Lively became a mom last year, guys

Blake Lively certainly knows how to keep things under wraps. The former "Gossip Girl" star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby girl, who is reportedly named Violet, arrived prematurely, but both Lively and the newborn are "healthy and doing well" now, sources tell *Page Six*.

And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told *E! News* back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

Russell Crowe sat down with Australia's *Women's Weekly* — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age. "To be honest, I think you'll find that the woman who is saying that [the good roles for women have dried up] is the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out

your pitchforks, Crowe has some anecdotal evidence to back up his claims. "I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have lessened," he says. "This [character] was a woman with four children, and there were reasons [for that] — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit arguing, just play the role."

Crowe insists he's given the same tough love to himself, saying, "You do have to be prepared to accept that there are stages in life. So I can't be the 'Gladiator' forever."

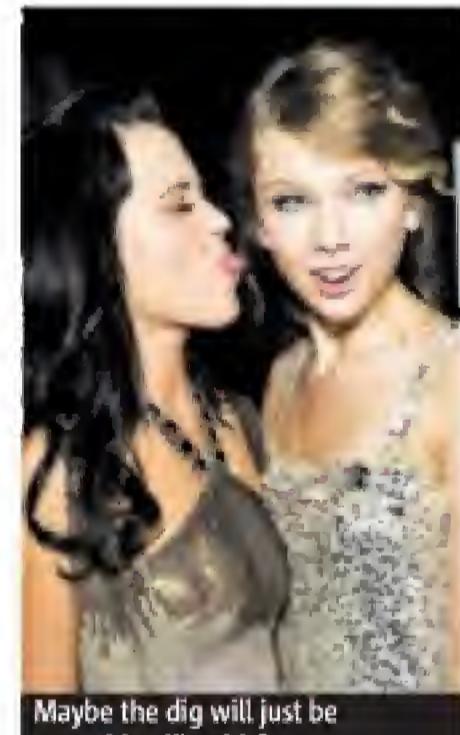


With "The Water Diviner" co-star Olga Kurylenko, who does not have to worry about the good roles drying up. Yet.

Russell Crowe has some words for older actresses

Katy Perry may liven up the Super Bowl with Taylor Swift dig

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to *Hollywood Life*. "She wants to make a statement with her performance and show that she is the biggest female act in the world, and she wants to show that to everyone, including Taylor, who she has a feud with," a source says. "Katy will be doing something onstage during her performance that will be directed towards Taylor. She is working on it to be a visual or a lyric-related jab." Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable kitty Olivia Benson in effigy? Or maybe pretend to be a country



Maybe the dig will just be something like this?

artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

Daily video

Teens react to "Mario Kart 64"

Want to feel old? There's nothing better for that than the teens on the React channel, regularly faced with items from before their time. Or sometimes not. This week, the teens are presented with the old "Mario Kart 64" for Nintendo's N64 gaming system, originally released in 1996 and the second release in the Mario Kart series. Maybe it's because teens and video games



are a natural fit, or maybe it's because Nintendo has successfully launched a Mario Kart game for nearly every one of its platforms, but the teens are actually totally into it, even if they're not as good at the game as they expected they'd be. Kids these days!



IMAX is coming... HBO

'Game of Thrones' coming to IMAX screens

The biggest show on TV is about to get a lot bigger. HBO is super-sizing its hit "Game of Thrones," bringing the final two episodes of last season to IMAX screens later this month along with an exclusive trailer for Season 5. The engagement runs Jan. 23 to 29, with tickets reportedly going on sale "in the coming days" at IMAX's site — and possibly as early as today. So get on that.

The trailers will be offering the first real glimpse of the new season, debuting in April, aside from some clips online. The move marks the first time a TV series has been transferred to the format, and given the scope, size and production value of the super-popular fantasy series, it makes perfect sense for "Game of Thrones" to be the first across that threshold.



Tracey Ullman plays Daniel Huttlestone's mother in "Into the Woods." For more with Ullman, head to metro.us. / PETER MOUNTAIN

Tracey takes on the state of showbiz

Interview. Comedy pioneer Tracey Ullman says she'll be back in the TV game soon — once she figures out what she's allowed to make fun of.

British actress Tracey Ullman has more than earned her place in television history after many successful shows — plus hosting the show that launched "The Simpsons." It all leads to her having pretty strong feelings about the industry.

Do you think the U.S. has been co-opting a lot from the British TV world?

Well, there's always been changing formats for many, many years. I mean, "Sanford and Son" was a British show, you know. "All in the Family" was a British show. People took the formats from England and made shows here, so there's always been a cross-cultural exchange.

What about very American things?

We, in England, would kill to develop something as great as "Friends." I love "Friends." It's a lovely comfort food to me. It's



"I LOVE TV. FILMS KIND OF SIT THERE; THEY'RE NOT RIGHT. BUT WITH TV YOU GO, 'OK, THIS WEEK'S EPISODE WAS CRAP, LET'S DO ANOTHER ONE!'"

Moving forward

Have you thought about doing a new show like your others?

I mean, yeah, I've done that eclectic multicharacter thing. I'm getting older now, and you begin to think, God, what's funny? What can you say? It's tough. It's bleeding rough out there. [Adopts a news anchor voice] "Terrorism, cyber-terrorism threat, breaking news, blackened stool problems, are you al-

brilliant. My kids watch an episode every night before they go to sleep, and my daughter watches "Golden Girls."

Did you know the Screen Actors Guild has a diversity-in-casting incentive where a female character counts as "diverse"?

Females over 35, I'd reckon.

No, any female roles.

Oh, wow. Well, of course. You hate to whine, "Aw, we're not getting any dates!" But you have to make your own way. That's why I wrote my own stuff. I never used to think about the guys and the girls when I was younger, but I see it a bit more now.

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Get cozy

"Throws are the underrated power player of any room," says Gorder. "They bring in color and texture and pattern. Her advice: it's all about layering these textiles. "Hang it off your couch, on your chair, on your bed — I have three of them on my bed. I also roll them up and put them in big vessels by the fireplace," says the expert. "They take up small amounts of space but add huge impact."



"BOOKSHELVES ARE ONE OF THE MOST BEAUTIFUL SPACES IN OUR HOMES," SAYS GORDER, PHOTOGRAPHED HERE FOR HGTV MAGAZINE'S OCTOBER ISSUE.

ALL PHOTOS DAVID A. LAND, HGTV MAGAZINE

Decorate. Genevieve Gorder shows us the essentials for 2015.

Genevieve Gorder hit the real estate jackpot. After a decade in her New York City apartment, The HGTV host, who had outgrown the space, found out the unit next door came on the market.

"It's the New York dream," exclaims Gorder, who bought the neighboring apartment and spent 18 months combining the two spaces to create the perfect home for her and daughter, Bebelle.

"The chapters of your life keep evolving and our home so rarely catches up to where we are," explains the interior designer. "It had been almost eight years since I renovated so it was time on many levels. I had had a child since I had renovated, I had a marriage, I had a divorce, I've had different jobs. I just wasn't the same woman that I was from when I first renovated."

For those of us who don't have a blank slate, but still want to freshen things up for 2015, Gorder offers these tips.



Designer Genevieve Gorder, who works with Sanus, is a big proponent of TV mounts. "It gets televisions off their stands, which tip over so frequently and cause so many injuries," she says. "It's a really simple step to improve the entertainment center of your house." / MYRNA SUAREZ, SANUS

Attack your shelves

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from

your bookshelves to your closet." Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert. Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection. "Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. This creates extra surfaces to add objects like a little vase or a picture frame. "You then create these little waves of pause and crazy within your bookshelf which keeps them

interesting and keeps you moving across them," she says.

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder. "It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers reach. All your lighting can be in one switch on your phone, as well." But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says. "Once you invest that initial couple of hours your house starts working for you. And that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is warm when I get home."

Add drama

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes. "Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black." Want to have more

fun with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."



"Black and navy are going to be huge," says the designer, who painted her new living room black, as seen in HGTV Magazine's October issue.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Rentals. Life as a 'Top Chef' star involves a great view of Fenway Park

Bostonians had an extra reason to feel some hometown pride this fall — the latest season of "Top Chef" takes place in the city, so viewers saw local chefs Ken Oringer and Tiffani Faison weigh in on the proceedings, and caught a glimpse of Rob Gronkowski stopping by for a visit. But setting a reality show in a new city means some logistical challenges, including a big one for the contestants: where will they be living for the show's duration?

The 1330 Boylston building in the Fenway neighborhood was up to the task.

"It was actually a really short process," says Sabrina Sandberg, director of marketing at Samuels & Associates, which owns the building. "We connected in December of 2013, and then met with producers onsite in January of 2014. I understand they were looking at a couple different cities at the time and ended up coming into Boston in April to do preproduction.



A sample of the view the contestants had. Catch the latest episode of "Top Chef" tonight at 10 on Bravo. / PROVIDED

and then they filmed shortly thereafter in the spring."

The folks at 1330 think there are a few reasons the building was chosen. "We've got some really great restaurants and shops, we're really accessible by the T, downtown Boston's just steps away," says Kay Nilakantan, general manager of the building. "Our apartments also have really great finishes. They have high-end stainless steel appliances, European-style cabinetry,

floor-to-ceiling windows, and the specific apartments the cast was in had some great views of Fenway as well as the Boston skyline."

They made some accommodations for the production team in the units, but one thing they didn't have to change was the kitchens. "We really didn't have to make any modifications to the kitchens. They're pretty nice kitchens to begin with!" Nilakantan says with a laugh. **LISA WEIDENFELD**

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Day/Dates:	January 20, 2015	Hours:	9am-5pm
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Flying cars
This might be the biggest gripe people have today

about technology. Way to continue that wave of disappointment, "Back to the Future II."

Dig that flying car behind Fox? Yep, they don't exist either.

Actual 2015 vs. 'Back to the Future II' 2015

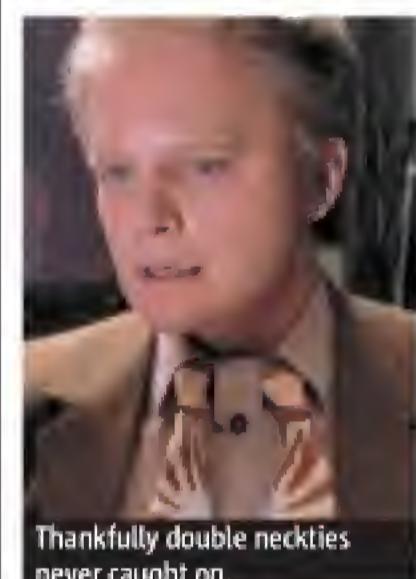
We've finally hit 2015. So how does the technology predicted in the 1989 film measure up to today's reality?

NED EHRBAR



Hoverboards

It looked like we almost had it this last year, but it turned out to be a Funny or Die hoax that Tony Hawk was in on. He's back again saying he's tried one, but we're finding it hard to trust again. Besides, if Segways never took off, what hope do hoverboards have?



Double neckties

Despite all our other fashion missteps, these never became a thing. The less said about this idea, the better.

Flying automated news cameras

This one's not that far off, actually, given the rise of consumer-level remote-control drones and GoPro cameras. So good work, movie.

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Food hydrators

Still not sure how this technology was supposed to rejuvenate and enlarge a hockey puck-sized pizza, but that's beside the point. The film also predicted Black & Decker would be the reigning kitchen gadget company of the future. Boy, were they wrong.

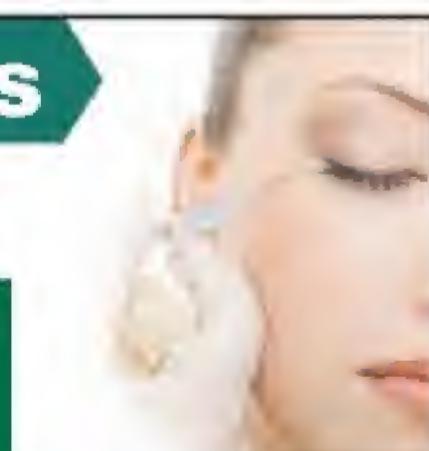
Nike Air Mags

Nike actually released a replica version of these boss high-tops in 2011, but they weren't actually self-lacing, so really, what's the point? We're still bending down to tie our shoes like our parents and grandparents.

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Questions to make better resolutions

New year. There's no one-size-fits-all goal, so make one that's meaningful.

Though every day is a chance to do something different, the beginning of a new year can give us the necessary momentum to make major changes.

But if you want to succeed, it's not enough to pick an arbitrary goal, however well-intended it may be. And with all the other stresses hanging around from the holidays — conflict with family members, overspending on gifts or not being able to go home to celebrate — you may not even be in the right mindset to take on the additional work of creating new routines.

Marriage and family

therapist Terry Barnett-Martin tackles the importance of boundaries to healthy relationships in her recent book, "Tending Fences." She says the idea of having an entire year to make a change can be a tempting reason to set a goal. But by picking one that is not achievable, or not relevant to what really needs to change in your life, you could be sabotaging your self-esteem and your chance to make a meaningful difference.

"Reaching for your purpose is a bit more of an ambiguous road, but so worth the effort," she says.

To make a purposeful resolution, Barnett-Martin suggests asking yourself these four questions to assess what you've learned about yourself in the past year, and visualize where you want to be at the end of the coming one.

1 What was my proudest accomplishment last year?

This doesn't have to be a victory at work or a new personal best on the track — think about a relationship you strengthened or a challenge that you overcame, even something new you tried and learned something from. Whatever the answer, it should serve as an insight into what matters most to you.

2 What worked well that I'd like to build on?

Or, conversely, what didn't work and how would you change it? "Life is really a long series of experiments in which what works and what doesn't work is all good information," says Barnett-Martin. If you tried something new — a diet, a skill, a job, a relationship — and it didn't work, don't think of it as a failure,



When choosing a resolution, look back at the past year, then visualize where you want to be. / MOODBOARD/RE

but as an experiment that can help guide you toward a better next step.

3 What do I want to contribute to?

Look at each area of your life — job, home, social circles,

volunteer work, etc. — and see yourself as the person you want to be in each role. Answering this question for each of them "will give you your own personal roadmap for the new year," says Barnett-Martin. Maybe you want to be less

No. 4

Where, when and doing what did I feel the best?

"There is nothing more gratifying than feeling like you are in the right place, at the right time, doing the right thing," Barnett-Martin notes. "Conversely, when the same gifts are utilized in a situation where they are not valued, they can fall flat." If your efforts have not been appreciated, don't think of your skills as inadequate or unnecessary. Context has everything to do with letting you shine. Maybe you need to find another way to contribute, or a new place where your efforts are noticed.

angry, launch a new project or unclutter your life — the way to start is by having a clear first step and end goal.



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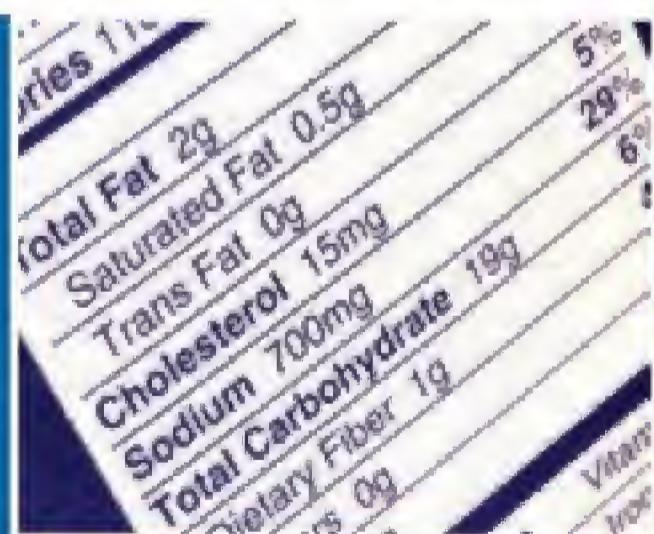
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Application deadline February 16 for entry to September 2015

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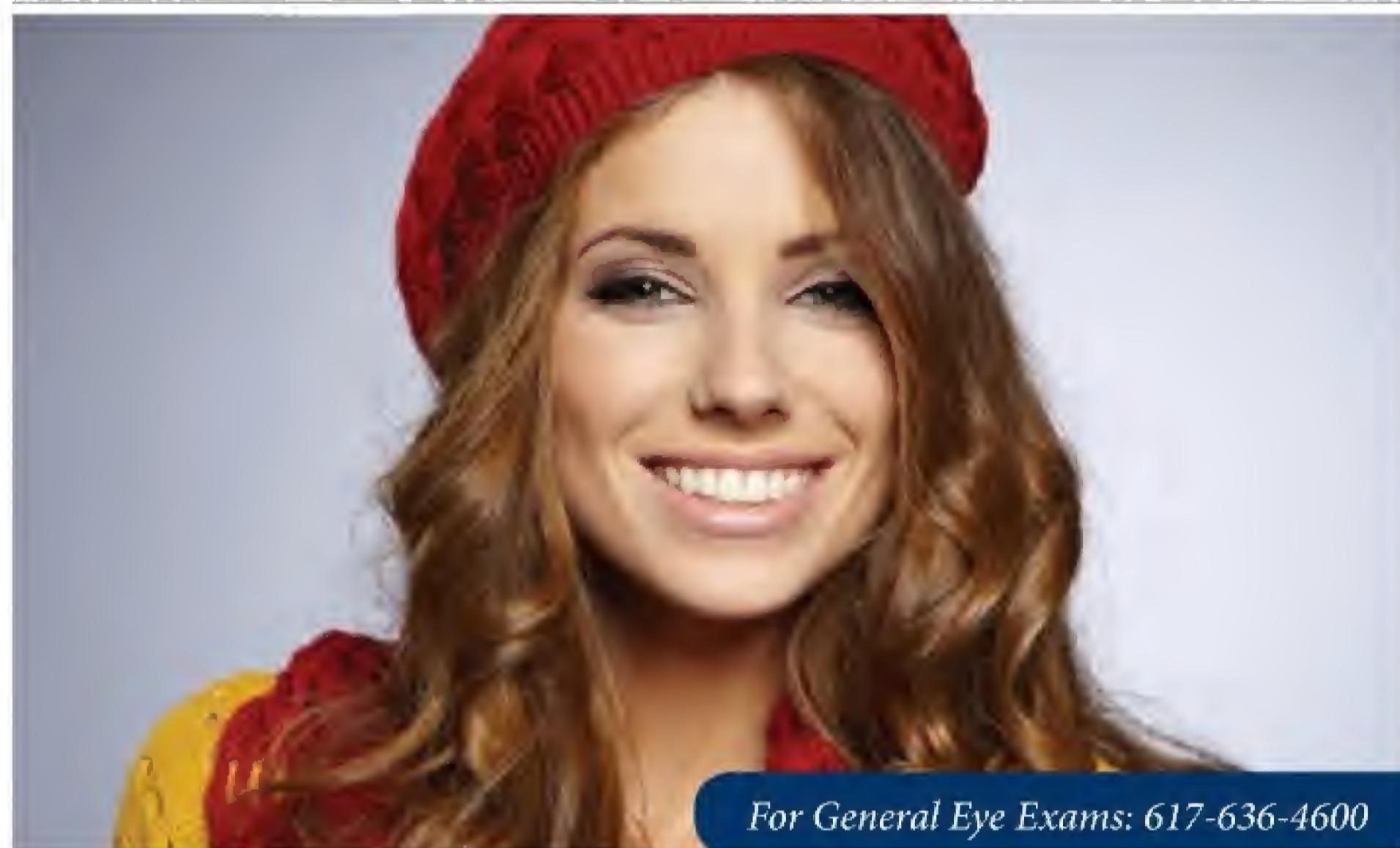
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Time your resolution to your cycle



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There are a lot of things that revolve around our visits from Aunt Flo, ladies. But apparently, the list is even longer if you're trying to quit smoking.

According to a new study out of the University of Montreal, chocolate is not the only thing you crave like clockwork.

"Our data reveal that [uncontrollable] urges to smoke are stronger at the beginning of the follicular phase that begins after menstruation," says psychiatry professor Adrianna Mendrek.

As with every other misery of being a woman, the effect is down to hormones. As estrogen and progesterone levels drop, they start a vicious cycle of withdrawal symptoms and "increase activity of neural circuits associated with craving," she says.

So what's a girl to do? Men-

drek believes that quitting could be easier for women after ovulation, when both those hormones are flowing freely.

But the solution is not as simple as timing. Fewer than one in 10 smokers who quit remain smoke-free after a year, and women have a harder time quitting than men. Previous smoking-related animal studies have also shown gender differences.

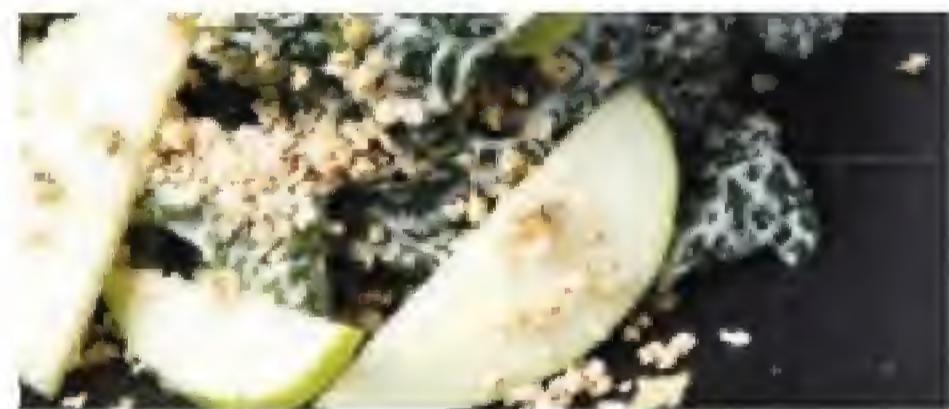
"Female rats become addicted more quickly, and are willing to work harder for the same quantity of dose," Mendrek explains, which led her team to conclude that women are at higher risk of addiction, likely because of hormone fluctuations.

 EVA KIS
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eavakis@metro.us

Recipe. Make this salad to get you out of your holiday junk food funk

After ringing in the new year with all its requisite pomp and circumstance, it's time to start being good. Maybe you spent last weekend stocking your fridge with farmers market produce and giving your new juicer pride of place on your kitchen counter. Or maybe you just resolved to focus on eating

better generally to offset the occasional stray from the virtuous kale-lined path. Whatever method you've chosen, lunch tomorrow is going to be delicious with this recipe from organic juice bar and restaurant Feel Food. It's hearty, full of vitamins and minerals, and makes for a perfect midday boost. **ER**



Ingredients

- 4 large handfuls of kale, preferably organic
- 1 green apple
- ½ oz. tamari
- 6 oz. raw cashews
- 3 oz. apple cider vinegar
- 1 large fresh lemon
- 2 oz. alkaline water
- 4 grams fresh ginger
- 2 garlic cloves
- 1 cup grapeseed oil

Kale and Apple Salad

Dressing: In a small pot, cook the garlic cloves in the cup of oil on low heat for 10 minutes. Make sure the oil is hot but does not bubble. Remove garlic cloves from the oil and drain. Blend the garlic with the tamari, cashews, vinegar, juice of half the lemon, ginger and water into a smooth paste.

Salad: Stem and wash the kale, dry and cut. Mix/toss with dressing. Cut apple into thin slices and mix with juice of half a lemon. Top salad with apple slices and your favorite granola. Serves four.

Dental Imaging Can Benefit More than Your Teeth

By Dr. Aruna Ramesh

Many people visit a dentist more often than a physician. Dentists are key members of the health care team and promote overall health as well as oral health. Using a variety of diagnostic techniques, dentists can play a key role in the early detection of systemic health conditions. In particular, dentists can take advantage of a range of diagnostic imaging tools, including traditional dental x-rays, Panoramic (broader view) x-rays, Computed Tomography (CT) scans and Cone Beam CT scans, a recent technological advancement in dental imaging.

Dental x-rays provide diagnostic information critical to improving and maintaining oral health. **Traditional x-rays** help dentists detect cavities, bone loss, impacted teeth and benign or malignant masses.

Panoramic x-rays, which show a broader field of view, allow dentists to see not only teeth, but also the surrounding jaw bones, temporomandibular (jaw) joints, maxillary sinuses (the sinuses in the upper jaw) and portions of the spine. They help dentists detect the presence of unerupted or impacted teeth (teeth that have not pushed through the gum) so that they can be extracted before any painful and harmful symptoms begin. Panoramic x-rays also can reveal anatomic variations and even cysts or tumors in the jaw that may be associated with impacted teeth, developmental abnormalities or evidence of systemic illnesses.

Systemic conditions that can affect bones also impact jaw bones and can be seen in dental x-rays. An example of a prevalent systemic disease that may be detected in dental panoramic x-rays is Osteoporosis. Affecting 55% of Americans over the age of 50, Osteoporosis often is not detected until a fracture occurs. Fractures, especially hip fractures, are common and can have serious consequences. Unfortunately, the total number of hip fractures is increasing worldwide and is estimated to reach 6.3 million in 2050. Early detection by dentists and quick referral to appropriate medical practitioners can help prevent debilitating consequences.

Cone Beam CT scans are similar to the CT scans that are typically performed at medical centers. Cone Beam CT scans make it possible to visualize teeth, bones in the face and head, and the relationships of these structures in three-dimensions. Like typical medical CT scans, Cone Beam CT scans provide extremely high resolutions that can show anatomy less than a millimeter in size. Cone Beam CT scans involve shorter scan times, lower cost and 51-96% lower doses of radiation than typical medical CT scans. Both types of CT scans are helpful with planning dental implants, orthodontic assessments, jaw joint evaluations and assessments of conditions affecting the jaws and surrounding facial skeleton.

In general, the many benefits of dental imaging outweigh the potential risks associated with exposure to radiation. Dentists try to minimize the potential risks by customizing the prescription of diagnostic imaging to patients' individual needs. Dentists' questions regarding dental imaging may be referred to a specialist in Oral and Maxillofacial Radiology.

Dr. Aruna Ramesh, B.D.S., D.M.D., M.S. is the Division Head of Oral and Maxillofacial Radiology and Interim Assistant Chair of the Department of Diagnosis and Health Promotion at Tufts University School of Dental Medicine. A specialist in Oral and Maxillofacial Radiology, Dr. Ramesh works closely with the faculty practitioners at Tufts Dental Associates, the full-service faculty practice at Tufts Dental School. Tufts Dental Associates offers a full range of dental imaging, including traditional and Panoramic x-rays, CT scans and Cone Beam CT scans.

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Horoscope

♑ Capricorn | Dec. 22-Jan. 20. Don't upset friends or family by neglecting to nurture important relationships. Take time out of your busy schedule to listen to and make plans with the people who mean the most to you.

♒ Aquarius | Jan. 21-Feb. 18. A professional partnership will bring financial rewards. If you spend time with people who share your interests, it will spark your imagination.

♓ Pisces | Feb. 19-March 20. Keep your eyes and ears alert for new opportunities. Being well informed will give you an advantage when faced with competition. Update your resume and strive to advance.

♈ Aries | March 21-April 20. You will gain experience if you try something different. Social activities will result in an educational or travel opportunity. Consider home improvements or a change of location.

♉ Taurus | April 21-May 21. Rethink your strategy and search for important facts. False or misleading information will lead to mishaps. Keep your emotions under control.

♊ Gemini | May 22-June 20. Your fiery nature will help to set the stage for fun and excitement. Time spent with someone you love will bring you closer together. Socialize, network and enjoy interacting with others.

♋ Cancer | June 21-July 22. Self-discipline is required in order to succeed. Help will be given if you ask for it. A colleague will be interested in one of your ideas or skills.

♌ Leo | July 23-Aug. 22. A partnership will turn out better than you anticipated. Your compassionate nature and experience and insight will help someone who faces a troublesome time.

♍ Virgo | Aug. 23-Sept. 22. Business negotiations will not turn in your favor if you divulge secret information. Ensure that parity is paramount in joint ventures, or you will end up doing the majority of the work.

♎ Libra | Sept. 23-Oct. 22. Minor changes will make you more marketable personally and professionally. Your unique outlook will impress all the right people, leading to an appealing offer. Romance is looking good.

♏ Scorpio | Oct. 23-Nov. 21. You will have problems convincing others to join your quest. Collaborating with people who understand your motives will bring higher returns.

♐ Sagittarius | Nov. 22-Dec. 21. Temptation will be your downfall. Stick to a budget. Over-spending will cause additional stress. It is your personality and wit that will make the best impression. EUGENIA LAST

Letters to the editor

GOPviews aren't that simple

Re: 'Republicans contradict themselves' (Metro, Jan. 6)

Kalan Silver claims that Republicans tell him "we must blindly trust big government" and "unions make for bad workers." This is really Kalan Silver saying this is what Republicans say. A Republican straw man was created to argue with yesterday. As a Republican for many years, I've heard them say many dumb things but blindly trusting big

government is something even a Democrat would not say, so cut the crap. I'd like to answer that "sincere" question (sorry if its not as simple as you pretend it is). The Constitution of the United States empowers the government to provide for the national defense, so yes, Republicans do trust the government to keep us safe and follow the Constitution. There is no monopoly because the government operates via the taxpayers. Big business operates via profit. The GOP advocates for businesses deciding whether or not they want unions, not the government. Union leaders use

members' dues to fill Democrat candidates campaign funds so yes, Republicans generally do not support unions but not because of the members, as you pretend. And law enforcement unions are government unions so advocating for a stop to union leaders bargaining with elected officials they supported for taxpayer money is the issue, not whether or not the police are considered "big government." No, it is not simply about "blinding trusting big government." Leave it to a Democrat to oversimplify complex issues into a four word slogan.

KEVIN METZ, VIA EMAIL

Bully Boston

The city of Boston is a bully and a hypocrite. It is suing the casino project because one access road from Charlestown will cause all kinds of traffic problems. But it would like to push the Olympics down the rest of the state's throat. I say NOlympics!

PETE AUSTIN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

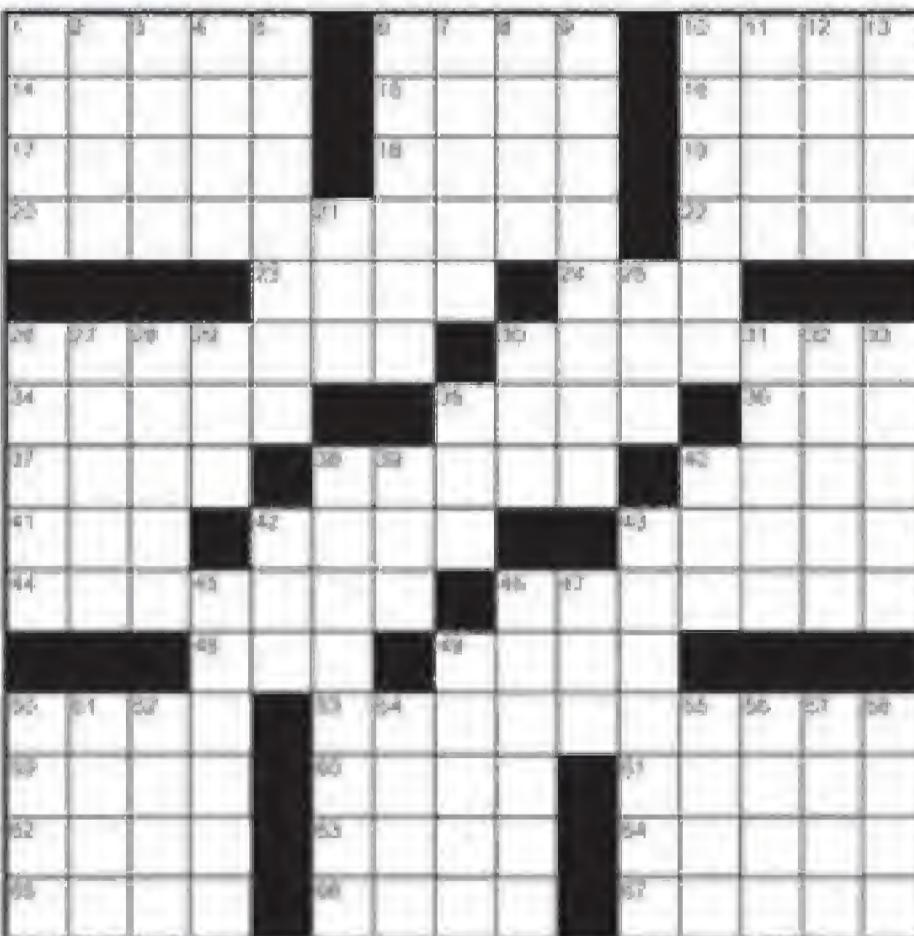
Sudoku: Easy and hard

9	1		2	5		8
				6		9
	7	5		6		
6				3	2	
8	9				6	4
		7	4			3
			2		4	9
7		4				
2			5	8		7
					7	1

	3		2		5
	8	6			4
			9	2	1
			2	3	5
2					1
6	5		9	1	
4	8	1	7		
7			8	4	
3		2			4

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Tree topper
- 6 Kind of tissue
- 10 Minute opening
- 14 Denmark's — Islands
- 15 Southern loaf
- 16 Crop hazard
- 17 Mimicry
- 18 Like the Kalahari
- 19 Switch positions
- 20 Flimsy
- 22 Is, in Avila
- 23 Smelters' need
- 24 Pisces mo.
- 26 Upholds
- 30 Softly illuminated
- 34 Vine product
- 35 Humerus neighbor
- 36 Cable network
- 37 Felipe or Moises
- 38 "Platoon" actor
- 40 El —, Texas
- 41 Collection of fauna
- 42 Singer — Guthrie
- 43 Art class item
- 44 Motorcycle races



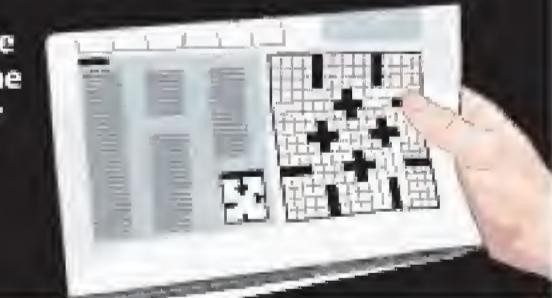
- 46 Goat food, in cartoons (2 wds.)
- 48 Nurse a drink
- 49 Kind of film
- 50 Sector
- 53 Tendency
- 59 Just scraped by
- 60 Charged particles
- 61 Skilled force
- 62 Miniblind part
- 63 NASA decision (hyph.)
- 64 Ms. Burstyn of film
- 65 Poi source
- 66 FBI agent (hyph.)
- 67 Tries to locate
- 6 Gaps
- 7 Fishing floats
- 8 Dye-yielding plant
- 9 Give new meaning to
- 10 Moon, in poetry
- 11 Clumsy ones
- 12 Fissure
- 13 Lohengrin's bride
- 21 Sofa end
- 25 Period of time
- 26 Stun
- 27 One in a pen
- 28 Gully washer
- 29 Cash substitute
- 30 Andy Capp's wife
- 31 Dalai Lama's city
- 32 Dramatist Henrik —
- 33 Handyman's supply
- 35 Mystery craft
- 38 Losing hold
- 39 Unser and Gore
- 40 — "Man Fever"
- 42 Onassis nickname
- 43 Leads on
- 45 Did, once (2 wds.)

Down

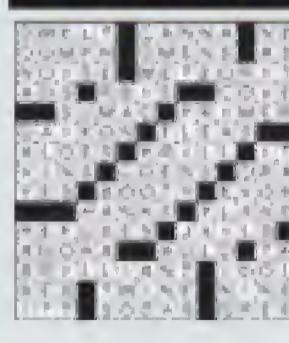
- 1 In the distance
- 2 Wine valley
- 3 Dismal
- 4 Vast ages
- 5 Chicken breed
- 47 Down with the flu
- 49 Chain dance
- 50 Hearty enjoyment
- 51 Tulsa's st.
- 52 Kind of miss
- 54 Leeway
- 55 Roman farewell
- 56 Like some tears
- 57 Safari
- 58 Urges

Visit us online at Metro.us.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Yesterday's answer



- 46 Arizona city
- 47 Down with the flu
- 49 Chain dance
- 50 Hearty enjoyment
- 51 Tulsa's st.
- 52 Kind of miss
- 54 Leeway
- 55 Roman farewell
- 56 Like some tears
- 57 Safari
- 58 Urges

Pedro gets call to Hall



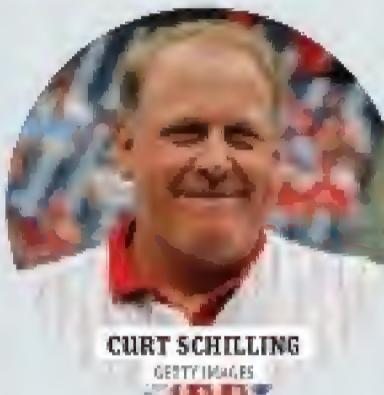
Pedro Martinez earned 91.1 percent of the vote Tuesday. / GETTY IMAGES

MLB. Red Sox legend Pedro Martinez gets into Baseball's Hall of Fame on first ballot.

Pedro Jaime Martinez will enter Baseball's Hall of Fame in 2015. One of the greatest pitchers in Red Sox history, Martinez got "the call" on Tuesday and will join a class that features Randy Johnson, John Smoltz and Craig Biggio. The four players will be inducted in Cooperstown, New York on July 26. This is the first year since 1955 that four players have earned induction in the same year.

"You can never predict the future, but I did have faith that I probably could do something special for my family, and I took full advantage of [playing baseball for a living]," Martinez said Tuesday. "Right now, the rest is history, and history is being written right now by you talking to me about the Hall of

Waiting list



CURT SCHILLING
GETTY IMAGES

Players who fell short of the required 75 percent:

- Mike Piazza, 69.9%
- Jeff Bagwell, 55.7%
- Tim Raines, 55.0%
- Curt Schilling 39.2%
- Roger Clemens, 37.5%
- Barry Bonds, 36.8%
- Lee Smith, 30.2%

Fame ... I appreciated [baseball], I respected it, I did it with integrity and I did it like there was no tomorrow."

Martinez is now officially a first ballot Hall of Famer, having gone 219-100 in his career while amassing 3,154 strikeouts. The righty won three Cy Young Awards in his career (1997, 1999 and 2000).

The Dominican hurler earned a whopping 91.1 percent of the vote Tuesday, a big number for the typically stingy Baseball Writers' Association of America. Remarkably, Martinez's percentage of the vote was not the highest for this year's class as Johnson garnered a staggering 97.3 percent.

Martinez led the Majors in ERA five times and was close to unhittable in the 1999 and 2000 seasons. He registered 23 wins in 1999 and in 2000 he owned a microscopic 1.74 ERA.

MATT BURKE
@BurkeMetroBos
matthew.burke@metro.us

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Division of Neurology,
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We understand the difficulties
of living with Asthma.**

That's why we are conducting a medical research study comparing two medications to treat asthma in adolescents and adults.

Qualified participants must:

- Be 12 years of age or older*
- Have had asthma for at least one year
- Be treating their asthma daily

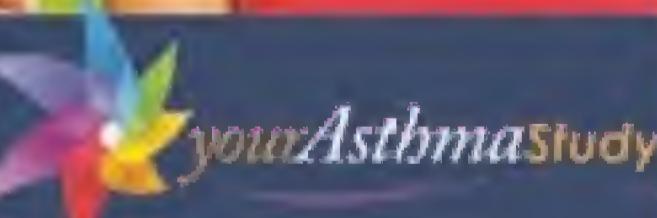
Qualified participants will receive:

- All medical examinations and study medications at no cost
- Financial compensation to cover time and travel expenses related to the research study

* For minors, only a parent or guardian should call.

The person depicted is a model used only for illustrative purposes.

To see if you or a loved one may pre-qualify, please contact

MedVadis Research now**617-744-1310**www.MedVadis.com

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for a research study looking at the effects of a new drug on gastrointestinal symptoms in women with anorexia nervosa

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- \$1000 remuneration plus parking and/or public transportation reimbursement
- Please contact Ildiko Gaal at **617-724-1579** or igaal@partners.org

Research Study conducted by the Neuroendocrine Unit at Massachusetts General Hospital

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Herman Miles: 617-532-0105

herman.miles@metro.us

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Stephen J. Muloney and Gladys M. Muloney to World Savings Bank, FSB, a Federal Savings Bank, its successors and/or assignees, dated April 24, 2000 and recorded with the Suffolk County Registry of Deeds at Book 24991, Page 218; of which Mortgage the undersigned, Wells Fargo Bank, N.A., successor by merger to Wachovia Bank, N.A., successor by merger Wachovia Mortgage FSB, N.A. World Savings Bank, FSB, is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on January 26, 2015 at 7 Earlswood Street, West Roxbury, MA, all and singular the premises described in said Mortgage, to wit.

Borrower(s): Stephen J. Muloney and Gladys M. Muloney
Property Address: 7 Earlswood Street, West Roxbury, Massachusetts 02132

A certain parcel of land with the buildings thereon situated in that part of Boston known as West Roxbury, County of Suffolk and Commonwealth of Massachusetts, bounded and described as follows:

Being shown as Lot "B" plan entitled "Plan of Land, Boston (W. Roxbury District) dated October 2, 1954, George C. Hallsey, Surveyor, said plan being recorded in Suffolk Registry of Deeds, Book 7003, Page 467. Said lot is bounded and described as follows:

Northeasterly: By Earlswood Street, 83.1 ft.

Southeastery: By land of owners unknown, 97.6 ft.

Southwesterly: By land of owners unknown, 83.1 ft.

Northwesterly: By lot C as shown on said plan and by lot "A" as shown on said plan, 97.6 ft.

Containing 8182 square feet according to said plan.

Subject to and with the benefit of easements, restrictions, reservations and rights of way of record so far as the same are in force and applicable.

For Mortgagor's title see deed recorded at 13758, Page 248.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, leases, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax bills, water bills, municipal leases and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check or bank treasurer's check will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagor's attorney. The Mortgagor reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagor or the Mortgagor's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

Wells Fargo Bank, N.A., successor by merger to Wachovia Bank, N.A., successor by merger Wachovia Mortgage FSB, N.A. World Savings Bank, FSB

Present Holder of said Mortgage,
By Its Attorneys:
ORLANS MORAN PLLC
PO Box 540640
Waltham, MA 02454
Phone: (781) 790-7800
14-016368

1/7/15, 1/6/15, 1/21/15

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Maintenance Person

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& Orange line - Tufts Medical Ctr Stop 10:00-4:00 p.m.

Please call Lyndsey - **781-693-5372**

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